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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.



WHAT IS YOUR CHILD EATING?

AUG 15 1944

ARE YOU GIVING HIM DAILY THE FOLLOWING ESSENTIAL FOODS?		
At 2 meals	MILK (At least 1 pint in all)	
At 1 meal	AN EGG or MEAT	
(A WHOLE-GRAIN CEREAL BREAKFAST FOOD or At every meal (WHOLE-GRAIN BREAD or (BAKED OR BOILED POTATO		
THERE	At 1 meal A COOKED VEGETABLE, other than potato	EVEN
IS		SWEETS
ALWAYS	(Or raw green (vegetable such	HAVE
A	(At 1 meal fresh (as lettuce,	THEIR
MARGIN	At 2 meals FRUIT ((or a little	PLACE;
EVEN	((canned tomato	UNREFINED
IN THE	At every meal BUTTER (3 half-inch pat's in all)	SUGARS
DIET		AND
OF VERY	If regularly chosen and prepared, foods in the	SIRUPS
YOUNG	above variety are suitable for children of	ARE
CHILDREN	1-1/2 years and older	BEST

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FOR MORE OF THESE OR OF OTHER WHOLESOME FOODS,
IT GROWS WIDER AS THE CHILD DEVELOPS.

